

Sweet Suggestions

Cakes

- Try angel food cake.
- Bake with yogurt or applesauce instead of oil.
- Try fat-free whipped topping or meringue instead of frosting.
- Fruit can be a topping.



Pies

- Make a graham cracker crust and use less oil in crust.
- Go topless (leave off top crust) or go bottoms up (cobbler).

Frozen Treats

- Try lowfat frozen yogurt, ice milk, sorbet or sherbet.
- Buy low sugar or sugar free, low fat popsicles or ice cream bars.
- Make your own frozen treats from lowfat yogurt or 100% juice.
- Make your own milkshake or smoothie by blending your choice of frozen, canned or cut fresh fruit and lowfat milk or yogurt. You can add ice to make it extra cool and refreshing.



Puddings and Gelatins

- Choose sugar free, fat free mixes.
- Make pudding with skim milk.
- You can make your own parfait by layering with fruit.

Change your dessert recipes to reduce fat, sugar and calories so they can be nutritious and delicious. Tasty tip: Fruit can be a dessert on its own or a colorful, healthy addition to any treat.

